Things to Consider When Doing a Sexual Harms Inventory

* How did I harm someone in a sexual way?
  + Did I use sex to satisfy other instincts in life?
    - For example: to satisfy my security instinct or social instinct (because I’m lonely).
  + Did I use sex to manipulate another person?
  + Did I withhold sex to manipulate another person?
  + Did I make someone do something sexually that they did not want to do?
* Do I need to be more giving and loving in sexual situations?
* Do I use sex for other than what I believe it is intended?
* Does my sexual conduct match my beliefs (ideals)?